



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01258, Egg, white, dried, stabilized, glucose reduced

Report Date: July 16, 2017 18:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	5.48	15	0.350	3.08	7.28	14.0	4.732	6.233	1	Analytical or derived from analytical	--	04/2015
Energy	kcal	357	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Energy	kJ	1495	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Protein ¹	g	84.08	15	0.381	82	87.1	14.0	83.264	84.896	1	Analytical or derived from analytical	--	04/2015
Total lipid (fat) ¹	g	0.32	15	0.052	0.09	0.57	14.0	0.213	0.435	1	Analytical or derived from analytical	--	04/2015
Ash ¹	g	5.61	15	0.066	5.25	6.07	14.0	5.466	5.748	1	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	4.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
Sugars, total ¹	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	08/2012
Sucrose ¹	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	08/2012
Fructose ¹	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
Lactose ¹	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
Maltose ¹	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
Galactose ¹	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
Minerals													
Calcium, Ca ¹	mg	101	15	8.927	61	163	14.0	81.461	119.752	1	Analytical or derived from analytical	--	04/2015
Iron, Fe ¹	mg	0.18	15	0.000	0.18	0.18	14.0	0.185	0.185	1	Analytical or derived from analytical	--	04/2015
Magnesium, Mg ²	mg	82	3	--	73	87	--	--	--	1	Analytical or derived from analytical	--	07/2012
Phosphorus, P ²	mg	104	3	--	97	110	--	--	--	1	Analytical or derived from analytical	--	07/2012
Potassium, K ²	mg	884	3	--	710	1,040	--	--	--	1	Analytical or derived from analytical	--	07/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	1299	15	22.751	1,160	1,420	14.0	1250.538	1348.128	1	Analytical or derived from analytical	--	04/2015
Zinc, Zn ²	mg	0.13	3	--	0.09	0.19	--	--	--	1	Analytical or derived from analytical	--	07/2012
Copper, Cu ²	mg	0.128	3	--	0.11	0.14	--	--	--	1	Analytical or derived from analytical	--	07/2012
Manganese, Mn ²	mg	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Selenium, Se ²	µg	192.0	3	--	124	236	--	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Thiamin ²	mg	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Riboflavin ²	mg	3.710	3	--	3.6	3.8	--	--	--	1	Analytical or derived from analytical	--	07/2012
Niacin ²	mg	0.773	3	--	0.7	0.86	--	--	--	1	Analytical or derived from analytical	--	07/2012
Pantothenic acid ²	mg	0.670	3	--	0.62	0.72	--	--	--	1	Analytical or derived from analytical	--	07/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.032	15	0.003	0.02	0.05	14.0	0.025	0.038	1	Analytical or derived from analytical	--	04/2015
Folate, total ²	µg	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012
Folate, food	µg	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
Choline, total ²	mg	10.7	3	--	5	18.4	--	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin B-12 ¹	µg	0.20	15	0.048	0.09	0.81	14.0	0.1	0.308	1	Analytical or derived from analytical	--	04/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Retinol ¹	µg	0	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
Carotene, beta ²	µg	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012
Lutein + zeaxanthin ²	µg	20	3	--	20	20	--	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin E (alpha-tocopherol) ²	mg	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Vitamin D3 (cholecalciferol) ¹	µg	0.0	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin D ²	IU	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012
Lipids													
Fatty acids, total saturated	g	0.118	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
4:0 ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012

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6:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
8:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
10:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
12:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
14:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
15:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
16:0 1	g	0.082	15	0.012	0.02	0.15	14.0	0.056	0.109	1	Analytical or derived from analytical	--	04/2015
17:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
18:0 1	g	0.036	15	0.004	0.02	0.06	14.0	0.028	0.044	1	Analytical or derived from analytical	--	04/2015
20:0 1	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
24:0 ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
Fatty acids, total monounsaturated	g	0.125	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
14:1 ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
15:1 ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
16:1 undifferentiated ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
17:1 ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
18:1 undifferentiated ¹	g	0.125	15	0.021	0.02	0.22	14.0	0.079	0.171	1	Analytical or derived from analytical	--	04/2015
18:1 c ¹	g	0.125	15	0.021	0.02	0.22	14.0	0.079	0.171	1	Analytical or derived from analytical	--	04/2015
18:1 t ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
22:1 undifferentiated ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
Fatty acids, total polyunsaturated	g	0.045	--	--	--	--	--	--	--	1	Calculated or imputed	--	04/2015
18:2 undifferentiated ¹	g	0.045	15	0.006	0.02	0.08	14.0	0.032	0.057	1	Analytical or derived from analytical	--	04/2015
18:2 n-6 c,c ¹	g	0.045	15	0.006	0.02	0.08	14.0	0.032	0.057	1	Analytical or derived from analytical	--	04/2015
18:2 t,t ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
18:3 n-3 c,c,c (ALA) ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
18:3 n-6 c,c,c ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
18:3i ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
20:2 n-6 c,c ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
20:3 undifferentiated ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
20:4 undifferentiated ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
20:5 n-3 (EPA) ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
22:5 n-3 (DPA) ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
22:6 n-3 (DHA) ¹	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	07/2012
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Amino Acids													
Tryptophan ²	g	1.427	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine 2	g	3.629	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Isoleucine 2	g	4.411	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Leucine 2	g	7.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Lysine 2	g	5.901	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Methionine 2	g	2.991	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Cystine 2	g	2.212	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Phenylalanine 2	g	5.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Tyrosine 2	g	3.414	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Valine 2	g	5.725	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Arginine 2	g	4.888	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine ²	g	2.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Alanine ²	g	5.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Aspartic acid ²	g	9.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glutamic acid ²	g	11.656	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glycine ²	g	3.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Proline ²	g	3.238	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Serine ²	g	6.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2012

Sources of Data

¹American Egg Board American Egg Board - data on six egg products, 2014

²American Egg Board American Egg Board-Egg Nutrition Center Study, 2005